



news & views

Lake Prince Woods – Continuing Care Retirement Community

For the love of *Music*

Missie Greenwood, a charter resident of Lake Prince Woods was so elated when she got the news of a much anticipated move. “I’m going to Lake Prince Woods!” she shouted as her son notified her of her acceptance into the vibrant senior community.

Missie Greenwood grew up in a family full of love, compassion, and of course they all shared a love for music. Missie inherited her musical skills from her mother as she taught her and her siblings how to play musical instruments and sing. Missie shared that her mother had a lot of patience, and taught her what patience really was which geared her for her musical journey. Because of this training she is now able to adapt to almost any musical setting and play the piano by ear. “Even now I am teaching myself to play the organ,” she said.

She explain that it is a complete joy to be at Lake Prince Woods because they offer her the opportunity to be herself and showcase her talents in many forms. She is a member of several music groups and considers it a blessing that she can participate in many programs while never leaving her home. Missie stated that God brought her here to touch the lives of many through music.

continued inside





Finding JOY in teaching

Barbara Bainbridge finds joy and excitement in new teaching opportunities at Lake Prince Woods. Barbara is a longtime resident for over 10 years. She enjoys crafts, exercise and socialization. Recently, over the last few years Barbara discovered a new passion. Three years ago she decided to take up crocheting to assist with an outreach initiative for Lake Prince Woods along with other residents to make hats for cancer patients for the local hospital. "I have been a knitter for years, so I didn't think crocheting would be difficult to learn," she stated. Once she started she never stopped. She has been crocheting ever since. She enjoys making and following patterns for countless crocheting designs.

Barbara enjoys crocheting so much she took on the opportunity to teach others. Barbara commits to weekly meetings with staff to teach them basic crocheting techniques. She is rounding up her own team of fierce yarn tangling needle dropping students. She often makes fun with her trainees and says "If I can do this at 90; anyone is able to do it!"

Lake Prince Woods has a specific goal in mind for all residents, to increase the quality of living for everyone. Allowing them freedom to be themselves at all times.

Maintenance-Free Living

Offering affordability and outstanding value, Lake Prince Woods, located in the Hampton Roads area of Virginia, has the lifestyle many people are seeking. Designed to give you a maintenance-free life, you will no longer worry about mowing the lawn, cleaning the gutters, or shoveling snow. You don't even need to worry about finding a reliable repairman; we take care of that for you.



Just right for you!

Lake Prince Woods offers future residents their choice when it comes to living style. With villas starting at 1,500 square feet and cottages ranging up to 1,750 square feet, you'll find the airy, open floorplan that's right for your lifestyle. Enjoy options such as carports, garages, sunrooms, and screened porches. Our apartment living features one or two bedrooms in many different floorplans and range up to 1,250 square feet, with convenient access to all services and amenities located in one building. When you move to Lake Prince Woods you gain so much more than a beautiful residence. You enjoy a range of amenities and social, educational, and spiritual programming designed to nurture individuality and engage in living life to its fullest.

For more information contact Tammy Garrett, Marketing Director, at 757-923-5504 or visit us online.

Music *continued from cover*

Lake Prince Woods offers many musically enhanced programs that would meet anyone's love for melodic tunes. Like Missie, many others have found their place in our musical environment from concerts or recitals to cabarets or bands. There is something for everyone.

Lake Prince Woods is situated on 172 wooded acres in Suffolk, Virginia, where residents gain an incredible outdoor living experience. For more information along with a personal tour of our campus please contact us at www.LakePrinceWoods.org or 757-923-5500.



To register for any or all events, contact Tammy Garrett, tgarrett@uchas.org or 757.923.5504. All events will be held at Lake Prince Woods, 100 Anna Goode Way, Suffolk.

upcoming events

Mark your calendar and join us!



American Red Cross Blood Drive

Tuesday, January 31 from 12 to 4 pm

Join us in assisting the American Red Cross in saving lives. There is a critical shortage of blood. Donors are needed to meet patient needs.

Moving With Memory – a training you'll never forget!

Thursday, February 2 at 6 pm

A community training on the basics of dementia care. Interventions and holistic approaches for memory challenged individuals. We will also be taking about the important things to know about memory loss and dementia both common and uncommon.



Paul D. Camp Lecture Series - Presidential Marriages

Monday, February 13 at 7 pm, Portsmouth Center

Join Lake Prince Woods residents for a new Paul D. Camp Lecture Series. Discover some interesting facts about our Presidents and their First Ladies.

Barbershop Tunes and Chocolate Tasting

Tuesday, February 14, 2 pm, Bistro

Harmony on the James will offer delightful tunes as our culinary team sweetens the deal with an array of chocolate tastings. Limited seating.



Warm-Up Apartment Open House

Thursday, February 23 at 2 pm, Front Lobby

Shed the winter blues by sharing a charming afternoon with friends as you enjoy learning about our apartment lifestyle at Lake Prince Woods. Bring a friend and join us for coffees and confections. It is time you discovered maintenance-free living!



welcome
new residents

Mary Pollock
Sedley, VA

Sonny and Jane Chenault
Chesapeake, VA



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www.lakeprincewoods.org

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Directions: 1/4 mile east of US 460 off Kings Fork Road.

Want to learn more about Lake Prince Woods?

Simply fill out this card and drop in the mail – the postage is on us! We look forward to hearing from you!

All information is kept confidential.

- Yes, I would like to learn more about Lake Prince Woods.
- I have a friend who is interested in Lake Prince Woods. Please contact them.

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